RIDERS BACK ON A WINNING PACE

TEAM RETURNS TO THE .500 MARK AFTER A SECOND STRAIGHT WIN OVER THE BLUE BOMBERS PAGE 3

REGINA metro®

Monday, September 10, 2012

News worth sharing.

metronews.ca | twitter.com/metroregina| facebook.com/metroregina

Featuring LIVE, EAST COAST MUSIC BY JAKEY'S GIN

GREAT FOOD for a GOOD CAUSE

3rd annual LOBSTER FEST Fundraiser

Tickets $50 ADULT | $25 CHILD

CONTACT 306.790.5680 MAINRDACL@SASKTEL.NET

SATURDAY SEPT. 15, 2012
@Christ The King Parish Hall
3239 Garnet Street, Regina

Albert Street Sobeys

As fast as they can

The Queen City Marathon on Sunday brought out scores of runners and spectators for 'an awesome day and awesome weather' PAGE 3

From rugrats to bookworms

Try these eight unique strategies to get your kids into reading PAGE 11

That's a wrap

Ticket sales, TV ratings and anecdotes indicate London embraced the Paralympic Games like no other city before it PAGE 18

VOICE OF A GENERATION

Taylor Swift poses on the green carpet at the Canadian Country Music Awards in Saskatoon on Sunday. The American singer-songwriter was a presenter and also accepted the generation award, a new award this year that celebrates those who have pushed country music forward to new audiences and raised awareness of country around the world. More coverage of the CCMAs, see page 9.

LIAM RICHARDS/THE CANADIAN PRESS

ASTIGMATISM?

LASIK corrects astigmatism more effectively than glasses or contact lenses.

LASIK MD VISION

LASIK starting at $490/eye*

FREE Consultation: 1-855-785-2020

lasikmd.com/astigmatism

* Prices are subject to change without prior notice and vary based on prescription strength. Applicable to surgery on both eyes only. Other conditions may apply.

ROGERS

REGINA

Teleco

864 Victoria Ave. E

(306) 352-6600

Teleco

Cornwall Centre

(306) 525-3854

Teleco

1501 Albert St.

(306) 525-5000

SASKATOON

AirSource

718 Circle Dr. E

(306) 955-2355

AirSource

2002 8th St. E

(306) 955-2357

AirSource

Centre at Circle and 8th

(306) 955-1955

AirSource

Midtown Plaza

(306) 955-5799

AirSource

Confederation Mall

(306) 955-4399

ROGERS plus

REGINA

North Gate Mall

(306) 949-5395

Southland Mall

(306) 949-5397

The place to go... to go superfast.

STUDENTS SAVE
UP TO **$120**
OVER 12 MONTHS WITH SELECT PLANS[1]

BONUS
UNLIMITED WIRELESS INTERNET
FOR 3 MONTHS

Samsung Galaxy S III™ (16 GB)
with **FLEXtab™**
$99.99* with select 3-yr. FLEXtab agreements

LTE beyond 4G

THE **LTE-READY** SAMSUNG GALAXY S III™

Samsung's most advanced superphone with HD Super AMOLED screen

Hurry into a Rogers store for a huge selection of LTE superphones.

Rogers LTE network available in select cities. See rogers.com/coverage

rogers.com/superphones

CONNECT EXCITING text NETWORK TALK SHARE RELIABLE ACCESS CONNECT FREEDOM LIFE NETWORK CHAT
TALK FRIENDS SURF LIFE TEXT FIRST FAST ACCESS FREEDOM EXCITING FRIENDS
CHAT ACCESS FREEDOM EXCITING

Creating World-Leading Internet Experiences.

ROGERS™

ROGERS™ authorized dealer · ROGERS plus · FUTURE SHOP · BEST BUY · WIRELESS etc... · COSTCO WHOLESALE · WIRELESSWAVE · Walmart · THE MOBILE SHOP

Offers available for a limited time and subject to change without notice. Usage subject to Rogers Terms of Service and Acceptable Use Policy. *With new activation on any 3-yr. talk and internet plan having min. $48 monthly service fee. Device Savings Recovery Fee and/or Service Deactivation Fee (as applicable) apply in accordance with your service agreement. FLEXtab balance corresponds to the sum of Device Savings Recovery Fee and the Additional Device Savings Recovery Fee. A one-time Activation Fee of up to $35 (varies by province) may apply. 1 Available to new Rogers wireless student customers (valid student ID required) who activate a single-line plan between Aug. 9/12 and Nov. 6/12. Eligible students must register online at www.rogerspromotions.com/students prior to Dec. 6/12 for monthly $10 credit. Credit will be applied so long as eligible plan is maintained. © 2012 Rogers Communications.

Blue Bombers get the boot

Banjo Bowl. DeAngelis kicks 40-yarder on last play to give Riders another much-needed win over Winnipeg

Saskatchewan Roughriders' Mick Williams sacks Winnipeg Blue Bombers' Joey Elliott during the first half of their CFL game in Winnipeg Sunday.
JOHN WOODS/THE CANADIAN PRESS

Sandro DeAngelis kicked a 40-yard field goal on the last play of the game to give the Saskatchewan Roughriders a 25-24 win over the Winnipeg Blue Bombers on Sunday.

The victory follows on the heels of Saskatchewan's 52-0 thumping of Winnipeg last week and takes the Riders' record to 5-5.

Winnipeg fell to 2-8 in front of a sold-out crowd of 30,077, boosted by extra seats at Canad Inns Stadium.

Bombers kicker Justin Palardy had connected on his fifth field goal of the game with less than three minutes to give Winnipeg a 23-22 lead.

But when the Bombers later got to Saskatchewan's 36-yard line, Winnipeg interim head coach Tim Burke made the call for Mike Renaud to punt the ball rather than try another field goal.

Renaud's punt went into the end zone for a 56-yard single and 24-22 lead, but it gave Saskatchewan a chance to start its winning drive from its own 35-yard line.

Saskatchewan quarterback Darian Durant left the game in the first quarter because of a hip flexor injury and didn't return.

Drew Willy replaced Durant and completed 17 of 23 pass attempts for 188 yards, one interception and one touchdown.

Joey Elliott was making his fourth straight start for the Bombers and was 19 of 33 for 241 yards with no TDs and no interceptions.

DeAngelis also kicked field goals from 34 and 23 yards and went wide on a 40-yard attempt for a single. Chris Milo added a punt single.

Up next for the Riders is a trip to Montreal to face the Alouettes on Sept. 16.

THE CANADIAN PRESS

Queen City Marathon runners show their sole

Brendan Lunty, of Camrose, Alta., won his fifth Queen City Marathon title on Sunday with a time of 2:38:36. ROB BROWN/METRO

There are feet to be iced, blisters to be healed and muscles to be massaged — the 2012 Queen City Marathon is over.

The event's full marathon was won by Brendan Lunty, 34, of Camrose, Alta., with a time of 2:38:36. It was Lunty's fifth Queen City Marathon title — he won the event previously in 2005, 2007, 2009 and 2011. Erin Humphreys from Edmonton was the women's winner with a time of 3:10:02.

Runners worked their way around a three-kilometre loop through Wascana Park before heading through Regina.

Linda Deice was taking part in her second marathon, and hoping to better her previous time. "I cut more than two minutes off," said Deice. "It was an awesome day and awesome weather."

Spectator Len Flaherty agreed. He waited with his camera near the finish line to snap a few pictures of his daughter as she passed. "A bit of a breeze is exactly what the runners need today, just enough to cool them down when it gets tough," he said.

For full results of the Queen City Marathon, visit raceheadquarters.com

ROB BROWN/METRO

Results

- **Full Marathon** 2:38:36 Brendan Lunty, Camrose, Alta. — men 3:10:02 Erin Humphreys, Edmonton — women
- **Full Marathon Wheelchair** 2:29:08 Terry Fowler, Weyburn, Sask.
- **Full Marathon Relay** 2:48:52 LeBoldus 5 (team): Jared Suchan, Danae Suchan, Marc Beaton, Mike Morgan and Kashtin Schumachen, Regina
- **Half Marathon** 1:16:25 James Funk, Saskatoon
- **Half Marathon Walk** 2:35:50 Dave Wudrick, Regina
- **Mini Marathon ages 5-10** 12:16 Jacob Bailey, Regina
- **Mini Marathon ages 11-17** 9:29 Matthew Johnson, Regina

CIS football

Rams smoke UBC T-Birds 49-20

Forty-two unanswered points in the second half of play pushed the Regina Rams past the UBC Thunderbirds Friday night at Mosaic Stadium.

The Rams' second half was dominated by running back Michael Kiapway, who ran for 118 yards on the day and scored a pair of majors less than three minutes apart. Quarterback Marc Mueller hit 16 of 24 passes for 241 yards, throwing for three touchdowns on the day.

The Rams defence got into the scoring act as they had four interceptions, with Jamir Walker taking one back for a major.

Regina will travel to Edmonton on Friday, Sept. 14 for a game at the University of Alberta. METRO

WHL pre-season

Pats, Wheat Kings trade wins

The Regina Pats launched their 2012-13 season by trading home wins with the Brandon Wheat Kings.

Pats head coach Pat Conacher said both games, played Sept. 6 in Regina at Co-operator's Centre and Sept. 7 in Brandon, were typical pre-season business. "It's about what you see in most training camp games — people working hard with not much structure," he said.

The Pats were out-shot 66-39 in the two games, escaping with a 3-1 victory on Sept. 6 and losing 5-3 on Sept. 7 in Brandon.

Conacher said that, win or lose, the pre-season was about getting Pats players into game situations.

"You get to see players read and react to different situations whether it's competing for pucks, physical battles, hockey sense," said Conacher.

The Pats are home for a week of practice before the Saskatoon Blades come to Regina on Sept. 14 for the first Pats home game at the Brandt Centre.

METRO

Mobile news

Ever wonder what the Royal Family would look like as the undead? Canadian 'Zombie Illustrator' Rob Sacchetto has. Scan the code to view the artist's ghoulish gallery.

Criminals using our less-secure documents to get real passports

Leveraging upward. A stolen SIN number and a forged birth certificate give thieves the ability to obtain more important IDs

The RCMP says other official documents are being used to sign up for legitimate passports. THE CANADIAN PRESS FILE

Criminals are increasingly using stolen social insurance numbers and doctored birth certificates to obtain legitimate driver's licences and passports, an internal RCMP report says.

And by leveraging pilfered or forged identity markers into higher-value IDs, criminals can sidestep tough anti-counterfeiting features built into government-issued identity documents, including a pending upgrade of passports with biometric chips.

"Identities are being overtaken, altered or created, facilitating a number of other crimes, including many variations of fraud, typically for financial gain or to conceal a true identity," says the March 2011 report from the RCMP's criminal intelligence division.

It points to a rising use of "breeder" documents — identity records such as social insurance numbers, birth or citizenship certificates — that are stolen, tampered with, then used to sign up for credit cards or valid forms of identity.

The report suggests Ottawa's recent move to stop issuing SIN cards, instead sending the information in a letter, may not hinder identity thieves who skim someone's mail or pick through their garbage looking for the nine-digit number.

The report says the failure of governments to cross-check the authenticity of documents used in applications allows fraudsters to stitch together a "synthetic" identity, combining a stolen social insurance number or altered birth certificate with a made-up name and date of birth.

That means a social insurance number can be successfully paired with an entirely different name on a government application form, since the two are not routinely checked for a match, it says.

And online applications make it easier for criminals to avoid face-to-face interactions when committing identity fraud, the report notes.

Though obtaining credit cards is the No. 1 goal for fraudsters, they're also exploiting gaps in the way numerous official identity documents are issued to acquire a federal passport or driver's license, according to the RCMP.

"There are too many ID cards/documents in circulation. More documents lead to more standards, which opens the door to more fraud," the report says, adding organized crime groups seize upon identity-protection shortfalls.

Getting the provincial and federal governments on the same page when checking someone's identity is a big undertaking that nonetheless needs tackling, said Lindsay Lee, director of the Canadian Identity Theft Support Centre, which runs a hotline for identity fraud victims.

"There's no unified system for (governments) to check everything across the board. It's really challenging to get everyone in line," she said.

THE CANADIAN PRESS

The problem

ID theft now a growth industry

Some 17,000 Canadians lost more than $13-million to identity fraud last year, twice the loss reported in 2007, according the Canadian Anti-Fraud Centre, a federal organization which tracks identity crime.

Having a credit check done once a year and watching for missing bills are two ways people can protect themselves against the more than two-dozen types of identity crime, it recommends.

And once bills and government letters have been read? "Shred them."

RCMP Sgt. Luce Normandin is helping draft a national identity crime strategy. She says the plan aims to boost awareness among governments, businesses and Canadians and cut down identity theft rates. THE CANADIAN PRESS

Only in Canada. Flu shots made people even more susceptible to pandemic

A strange vaccine-related phenomenon spotted at the start of the 2009 flu pandemic may well have been real, a new study suggests.

Canadian researchers noticed in the early weeks of the pandemic that people who got a flu shot for the 2008-2009 winter seemed to be more likely to get infected with the pandemic virus than people who hadn't received a flu shot.

Five studies done in several provinces showed the same results. But initially research outside of Canada did not, and the effect was dismissed as "the Canadian problem."

News of the unexpected findings broke at a time when countries in North America and parts of Europe were getting ready to start vaccinating their populations against the pandemic virus.

Some jurisdictions were also trying to figure out whether to offer the seasonal flu vaccine they had purchased — similar to the 2008-2009 shot — along with the pandemic vaccine, in case the seasonal flu viruses continued to circulate. Quebec opted not to offer the seasonal vaccine because of the concerns raised by the studies.

Many people in the public health community found the whole event unhelpful, and many rejected the findings. Some suggested if there was a problem, it might have been with the flu vaccine used in Canada, because the problem wasn't seen elsewhere.

THE CANADIAN PRESS

Pandemic flu

The U.S. Centers for Disease Control recommend seeing a physician if the following symptoms occur:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Low temperature

Cyclists fight kids' cancer

Diane Klich and Paul Berendson, who are taking part in the Sears National Kids Cancer Ride from Vancouver to Halifax, stopped for a break in Winnipeg Sunday and got a hug from Ben the Sears Charity Bear. They hope to raise $1.5 million to help fight cancer. Follow them at metronews.ca. SHANE GIBSON/METRO IN WINNIPEG

Mammal minesweepers. Canadians watched U.S. Navy dolphins in action

Canadian soldiers got an up-close look at bomb-detecting dolphins during a military training exercise with the Americans off the coast of British Columbia, a newly released document shows.

The U.S. Navy brought four bottlenose dolphins and a support team to Esquimalt, B.C., last year to practise anti-mine tactics as part of Exercise Trident Fury. The training operation took place in May 2011 and involved the armed forces and coast guards of Canada and the United States.

A briefing note to the chief of maritime staff described the exercise as a rare opportunity for the Canadian military to gain valuable experience working with the animals — something it currently does not do.

THE CANADIAN PRESS

Underwater allies

Mine-detecting dolphins have served for a long time:

- The U.S. Navy has been training dolphins and sea lions since the 1960s.
- During the 2003 invasion of Iraq, navy dolphins helped U.S. forces clear anti-ship mines and underwater booby traps.

Suburban Montreal

Tornado turns off hydro for 90,000

A small tornado hit an area northeast of Montreal on Saturday as part of a storm that left more than 90,000 homes and businesses without power.

Rene Heroux of Environment Canada says wind speeds hit 120 km/h in Drummondville, Que., tearing off the roof of at least one building.

It was the fifth tornado of the season in Quebec.

There were about 2,400 Hydro-Quebec clients still without power across the province on Sunday afternoon. THE CANADIAN PRESS

comwave

Home Phone

CONSUMER CHOICE AWARD 2012

Home Phone 6 Months FREE

- Keep your existing phone number or choose one of ours
- All Features FREE
  Free Voicemail, Caller ID & more
- Crystal Clear Quality
  Try Comwave absolutely FREE
  You'll love it!

Choose the plan that suits you best and try it out for free!

Unlimited Local

Unlimited local calls plus over 14 FREE features

$14.95 /month

Unlimited Canada

All the features FREE plus unlimited Canada wide long distance

$19.95 /month

Unlimited Global

Unlimited long distance to almost 60 countries plus all features FREE

$29.95 /month

Download our Comwave Mobile App

3 Days Free Trial

iTunes Google play BlackBerry App World

1-866-769-9601

www.comwave.net

*With Comwave plans for cross-province calling (unless otherwise stated) you may only make interprovincial calls to one province. Terms & conditions apply. Taxes not included. Prices and features subject to change without notice. Offer valid for a limited time only. Limited time offer: Free Trial and 6 months free (HOME PHONE UNLIMITED PLUS) is a new subscription service available to new customers only. Free Trial: Cancel anytime during the 3 day trial period to avoid charges. Free Trial is available to new customers only. Free Trial is not available on Comwave Mobile Plans. Free Trial is not available on Comwave Mobile Plans. Free Trial is not available on Comwave Mobile Plans

What Iran does over embassy row won't be a surprise: PM

Diplomatic fallout. NDP Foreign Affairs critic Paul Dewar has said the Canadian embassy closure in Iran has removed Canada as a potential player in the Middle East

With Iran branding his government a hostile stooge of Israel and Britain, Prime Minister Stephen Harper said Sunday that nothing Iran does in response to Canada's severing of diplomatic ties would surprise him.

Harper also pledged that Canada will work through its allies to help three of its citizens still in Iranian prisons. Questions surrounding their fate have become a live issue following Canada's abrupt decision to close its Tehran embassy and expel Iranian diplomats from Canada.

An Iranian lawmaker said his government would have a firm response, while a foreign ministry spokesman called the Harper government hostile and racist, and accused it of doing the bidding of Israel and Britain, according to Iran's Mehr news agency.

Harper said Canadian diplomats were recalled because of Iran's "capacity for increasingly bad behaviour."

"So nothing would surprise me. But that is all the more reason why it's essential that our Canadian personnel no longer be present," Harper told reporters on the final day of the Asia-Pacific Economic Co-operation summit.

"Do I anticipate specific actions? No, not necessarily, but, as I say, we should all know by now that this is a regime that does not stop at anything. So that's just the reality of the situation."

THE ASSOCIATED PRESS

Death sentence in Iran

- **Charged.** Toronto's Hamid Ghassemi-Shall, 43, who immigrated to Canada after Iran's 1979 Islamic revolution, faces a death sentence after being charged with espionage when he returned to visit family four years ago.
- **In limbo.** His wife, Antonella Mega, said she had been seeking the Canadian embassy's help to clarify reports her husband's death sentence has been suspended, and is unsure how effective the government's promise to make appeals through its allies will be. "I'm not sure how you instil a dialogue when you just cut off the dialogue," she said.

Leaders from Pacific-rim nations, including Prime Minister Stephen Harper, pose for a group photo on the final day of the APEC summit on Sunday in Vladivostok, Russia. MIKE BLANCHFIELD/THE CANADIAN PRESS

COMMISSIONAIRES
TRUSTED · EVERYDAY · EVERYWHERE
WWW.COMMISSIONAIRES.SK.CA

EMPLOYMENT OPPORTUNITY
Rewarding Employment, Diverse Opportunities, Competitive Salary

Job Title: Security Guards Services

Location: Regina and area

Requirements:

As a Commissionaire, you must possess the following:
- Valid Saskatchewan Justice Security License
- Valid unrestricted Class 5 Sask Driver's License
- Reliable transportation
- Excellent customer service/interpersonal skills and proven ability to work independently and/or in a team
- Good oral and written communication skills
- Physically fit
- May be required to pass a Pre-Access (Drug Test) prior to employment
- Current First Aid/CPR/AED an asset
- Veteran status an asset

How to Apply:

Contact Dale or Terry at the Commissionaires Headquarters Office at 757-0998 or apply online www.commissionaires.sk.ca

Ruffling feathers. Putin uses flight with cranes to peck at protesters

Russian President Vladimir Putin struck back Sunday at the Russians who ridiculed his effort to lead young Siberian cranes in flight.

Like the youthful protesters on the streets of Moscow, some of the endangered birds refused to follow Putin as he took off in a motorized hang glider.

"It's true that not all flew right away, but the ones that didn't fly were the weak cranes," Putin said.

His barb, which drew a burst of applause, came as he wrapped up the Asia-Pacific Economic Co-operation summit in Vladivostok, Russia, and provided some light relief after days of talks on free trade, food security and other serious issues.

THE ASSOCIATED PRESS

A nest of their own

"There are, of course, birds in the flock who just don't fly, and they prefer to build nests separated from the rest."

President Vladimir Putin, making a reference to the youthful protesters in Moscow.

Russian President Vladimir Putin flies in a motorized hang glider last week alongside two Siberian white cranes, on the Yamal Peninsula in Russia.
RIA-NOVOSTI/ALEXEI DRUZHININ/PRESIDENTIAL PRESS SERVICE/THE ASSOCIATED PRESS

Ship dispute

Suspected Iranian ships removed from register

Sierra Leone has removed the registration of 10 ships suspected to be Iranian.

Alhaji Wuroh Jalloh, executive director of the Sierra Leone Maritime Administration told The Associated Press Saturday that ships "hiding" under the Sierra Leonean flag "have recently been removed from the register."

Jalloh said "in compliance with UN sanctions," Sierra Leone wants to ensure that no ships flying the Sierra Leone flag that have a connection to Iran or Syria. He said the action is "in relation to the vessel that was seized in Lebanon recently carrying arms for Syria, and allegedly flying the Sierra Leone flag."

THE ASSOCIATED PRESS

Russian politics

Activist to run for mayor in Moscow suburb

A prominent activist says she has been approved to run for mayor of a Moscow suburb in a vote considered key for the Russian opposition.

THE ASSOCIATED PRESS

Monti government

Cutting corruption will boost Italy's growth: Minister

Italy's justice minister says corruption is hampering the country's economic growth and that Premier Mario Monti's government will push hard this week in Parliament for a tough anti-corruption law.

Minister Paola Severino, citing World Bank estimates, said Sunday that combatting corruption could boost Italy's GDP by 2 to 4 per cent. Kickbacks in awarding contracts can boost overall costs and discourage investors from doing business in Italy.

She spoke on the sidelines of an annual closed-door economic forum at a resort on Lake Como.

Monti, leading a non-elected technocrat government, was reportedly coy at the forum about calls from some centrist politicians that he run for election this spring when Parliament's term ends.

He was appointed in November to save Italy from succumbing to the eurozone sovereign debt crisis. THE ASSOCIATED PRESS

Western sanctions

Iran's currency falls to record low

Iran's currency hit a record low against the U.S. dollar in street trading, the semi-official Mehr news agency reported Sunday.

Mehr says the rial dropped nearly 7 per cent in a single day, to 24,300 rials to the dollar. Street traders say the rial rose slightly later on Sunday to around 23,900 rials to the dollar.

The collapse of the currency is a sign of the effect of Western sanctions over Iran's nuclear program. The West suspects Iran is aiming to build nuclear weapons, a charge Iran denies.

On July 1, the European Union banned import of Iranian oil, and the U.S. tightened sanctions against Iran's banks. On Friday, Canada cut diplomatic relations with Iran over its nuclear program, support for Syrian President Bashar Assad's regime and the country's poor record on human rights issues.

Mahmoud Bahmanai, governor of Iran's central bank, said the plunge of the rial was the result of a rush on the market by buyers seeking to obtain the dollar. THE ASSOCIATED PRESS

CRTC eyes market shift with Bell's purchase of Astral

Public hearing. Competitors argue $3.4-billion deal will give telecom giant too much of English-language TV market

Pierre Karl Peladeau, president and CEO of Quebecor Inc., left, along with Lee Bragg, CEO of Eastlink, and Louis Audet, president and CEO of Cogeco Cable Inc., ask the federal government to disallow a proposed takeover of Astral Media Inc. by Bell Media in Ottawa on Aug. 7. FRED CHARTRAND/THE CANADIAN PRESS

A public hearing into Bell's $3.4-billion acquisition of Astral Media will focus on how much of the English-language TV market the telecom giant will corner if the deal were to go through.

The CRTC will examine the multibillion dollar transaction on Monday and hear from multimedia, telecom and radio companies, producers as well as film groups and consumer advocates — many of them against the deal.

Bell's parent company BCE said if the deal is approved it will own 33.5 per cent of the English-language market, under the 35 per cent threshold set by the Canadian Radio-television and Telecommunications Commission for approval.

Telecom competitor Telus Corp. believes Bell would have too much control of English-language TV content and leave consumers with fewer choices and higher cable bills.

Telus has argued that the purchase of Montreal-based Astral, along with Bell's part ownership in the Maple Leaf Sports and Entertainment TV assets, and its stake in joint venture assets, such as Teletoon, would give Bell 49.5 per cent share of the English-language television audience. THE CANADIAN PRESS

What's at stake?

Effects of the acquisition

BCE announced the Astral deal last March aimed at creating a media powerhouse poised to take on rivals in providing digital content to consumers.

In 2010, BCE bought the rest of the CTV assets it didn't already own for $1.3 billion.

CTV operates more than 25 stations across the country, 30 specialty channels including sports networks TSN and RDS online video programming and properties such as CTV.ca, TSN.ca, RDS.ca, MuchMusic.com, MTV.ca and TheComedyNetwork.ca. It also owns CHUM Radio, which operates more than 30 radio stations throughout Canada.

Astral is Canada's largest pay and specialty TV broadcaster and owns 84 radio stations in 50 Canadian markets and 24 television services. It is also the third-largest outdoor advertising company, and has a stake in the country's only subscription radio service, XM-Sirius Canada. THE CANADIAN PRESS

The many faces of payroll professionals who
KEEP CANADA PAID
Canada's 1.5 million employers count on payroll professionals to annually pay $830 billion in wages and taxable benefits, $260 billion in statutory remittances, and $90 billion in health and retirement benefits *while* complying with more than 190 federal and provincial regulatory requirements.
THE CANADIAN PAYROLL ASSOCIATION
CPA ACP
L'ASSOCIATION CANADIENNE DE LA PAIE
For more information, visit www.payroll.ca.
National Payroll Week – September 10 to 14, 2012
Platinum Sponsors
ADP
CERIDIAN
Gold Sponsors
DLGL
PAYweb.ca
workday.
Silver Sponsors
Accountemps
A Robert Half Company
Robert Half
Finance & Accounting
Desjardins
Payroll and Human Resources Services
Bronze Sponsors
Commission des normes du travail
Québec

IF YOU WANT TO WIN THE PREMIER RACE, YOU'VE GOT TO BE A WOMAN

URBAN COMPASS
Paul Sullivan
regina@metronews.ca

The NDP is going about this leadership race all wrong.

So far, there are two declared candidates, and two more in the pipeline.

They are all young and smart, a great mix of experience and fresh faces.

So what's the problem? They're all guys. Think about it. The only people getting elected premier these days in Canada are women, including the two most recent: Alison Redford of Alberta and Pauline Marois in Quebec. Christy Clark in B.C. inherited Gordon Campbell's job, but only after a fierce leadership race. And she won a byelection seat fair and square.

Right now there are five female premiers in Canada, including Eva Aariak in Nunavut. Voters north to south, east to west, fed up with the political status quo, have decided to see if women can do a better job, and while the experiment has yet to test out, you can't ignore the female factor.

Except in Saskatchewan, where unless there's a female dark horse lurking in the wings, the next leader of the Saskatchewan NDP will be a guy.

It's nothing personal. The two declared candidates, Saskatoon MLA Cam Broten, and economist and former NDP youth leader Erin Weir, are both more than worthy. The two poised to declare, Dr. Ryan Meili and Regina MLA Trent Wotherspoon, are no less formidable. If nothing changes, it will be a great race.

But then the winner has to scale the Brad Wall, a sheer cliff of popularity that shows no sign of a crack.

At the same time these guys were declaring themselves willing to become sacrificial lambs for the NDP, Wall's government announced the creation of another 20,000 jobs, August over August, the fastest job growth in Canada, maintaining the lowest unemployment in the free world.

Just another brick in the Wall.

This is good news (for everyone) — bad news (for the NDP leadership hopefuls) scenario has the candidates earnestly picking nits. Broten pointed out that jobs among First Nations people actually declined by 2,000. Weir zeroed in on manufacturing jobs, pointing out that 7,000 manufacturing jobs have been lost since the Saskatchewan Party took over. That means the economy is ever more dependent on resources, and vulnerable to any sneeze in the commodities market.

Good points, but hardly enough to change the game. If you have to choose between virtually indistinguishable alternatives, guess which one you try? If this keeps up, Brad Wall could end up the Peter Lougheed of Saskatchewan politics, premier for life.

If the NDP needs a real fresh face, why not a fresh gender? Maybe instead of trying to scale the wall, she'll just go around it.

They're growing!

What do human ears, bones, muscles and skin have in common?

Scientists are growing ears, bone and skin in the lab, and doctors are planning more face transplants and other extreme plastic surgeries. Around the country, the most advanced medical tools that exist are now being deployed to help America's newest veterans and wounded troops.

• In Los Angeles, surgeons used part of Michael Mills' forehead to rebuild his nose after a bomb disfigured him in Iraq.

• In Pittsburgh, doctors used an experimental therapy from pig tissue to help regrow part of a thigh muscle that Ron Strang lost in a blast in Afghanistan.

• In Boston, scientists are making plans for the first implants of lab-grown ears for wounded troops after successful experiments in sheep and rats.

• In San Antonio and other cities, doctors are testing sprayed-on skin cells and lab-made sheets of skin to heal burns and other wounds. The ingenuity is impressive: One product was developed from foreskin left over from circumcisions.

THE ASSOCIATED PRESS

Sun cracks its whip on Earth

NASA/GSFC/SDO

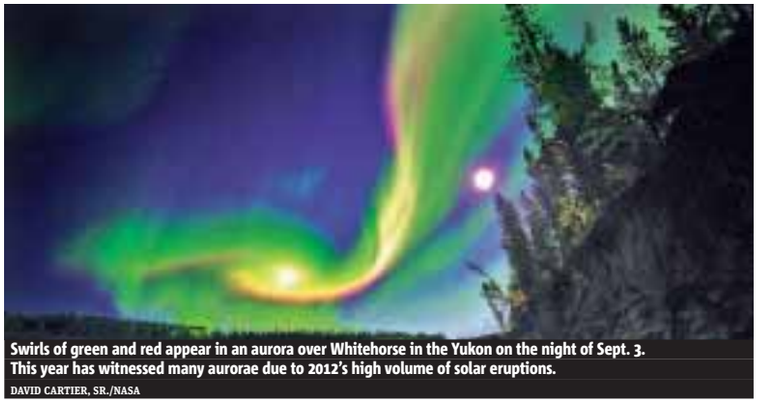
Astronomy

Explosion of solar flare off the sun

A jaw-dropping image of a solar whip has been captured. NASA reported a filament of solar material, which had been in the sun's atmosphere.

Though it didn't erupt directly towards Earth, it did have an effect on Earth's magnetic environment (magnetosphere), causing aurora to appear on Sept. 3.

METRO



Swirls of green and red appear in an aurora over Whitehorse in the Yukon on the night of Sept. 3. This year has witnessed many aurorae due to 2012's high volume of solar eruptions.

DAVID CARTIER, SR./NASA

Aurora:

- Atmospheric phenomenon made of light caused by charged solar particles following Earth's magnetic lines of force.

Plasma:

- The red-glowing ejected material is a hot gas comprised of electrically charged hydrogen and helium. The plasma flows along a twisted structure of magnetic fields made by the sun's internal dynamo.

Solar prominence:

- A large, bright feature extending outward from the sun's surface. They are anchored to the sun's surface in the photosphere, and extend outwards into the sun's hot outer atmosphere, called the corona.

Solar speed

1,450

kilometres per second is the speed at which this coronal mass ejection travelled. That's still only one two-hundredth of the speed of light.

Local eats sold to combat hunger

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

It's great to eat local, and to support a good cause — so why not combine the two?

In Moose Jaw, a recent Farmer's Market for Charity event did just that. The event, hosted by Yara Community Gardens, brought in more than $3,400 for the Riverside Mission and Hunger in Moose Jaw's Child Nutrition Program, which fights hunger in local classrooms. At the crack of dawn, organizers wheeled out barrels of cucumbers, beets, potatoes, carrots and Swiss chard, all locally grown by 130 volunteer gardeners.

It was the fifth annual Farmer's Market put on by Yara, and the most successful single-day market sale in the organization's history. Sarah Varey, project coordinator, says, "The gardeners are reflecting the generosity of their own gardens. It is essential to think outside out of our garden gate and partner with our wider community to provide for our city."

CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of international charity and educational partner, Free The Children. Its youth empowerment event, We Day, is in eight cities across Canada this year, inspiring more than 100,000 attendees. For more information, visit weday.com.

Email us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Regina** Tara Campbell • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **National Sales Director** Peter Bartrem • **Sales Manager** Kim Kintzle • **Distribution Manager:** Darryl Hobbins • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown, **Vice-President, Finance** Phil Jameson **METRO REGINA** • **Telephone:** 306-584-2025 • **Toll free:** 1-877-895-7194 • **Fax:** 1-888-243-9726 • **Advertising:** adinforegina@metronews.ca • **Distribution:** regina_distribution@metronews.ca • **News tips:** regina@metronews.ca • **Letters to the Editor:** reginaletters@metronews.ca

Carolyn Dawn Johnson, after winning the award for female artist of the year at the Canadian Country Music Awards in Saskatoon. LIAM RICHARDS/THE CANADIAN PRESS

Top country crooners rake it in at CCMAs

Awards. Saskatchewan show opened with Dean Brody's ode to sexy Canadian girls in their winter toques

Dean Brody choked back emotion Sunday as he was named male artist of the year at the Canadian Country Music Association Awards.

It was a good night for Brody.

He opened the show in Saskatoon with an enthusiastic performance of his hit single Canadian Girls before a crowd of more than 11,000 people and ended the night by winning album of the year for his record DIRT.

The attention seemed to overwhelm the artist originally from Jaffray, B.C.

"It's kind of weird for me because I'm a pretty quiet person," Brody said backstage.

"I started this whole thing to be a songwriter. I actually moved to Nashville to be a songwriter and the whole artist thing just kind of evolved from being in Nashville and writing songs. Some people were like 'Man, it doesn't sound too bad when you sing. Maybe you should record 'em.'"

Jason Blaine reacts after winning an award for single of the year. LIAM RICHARDS/THE CANADIAN PRESS

The first award of the night went to a woman familiar with winning. Carolyn Dawn Johnson was named female artist of the year — a title she's won four previous times. Johnson said her heart was pounding.

"I'm feeling very joyful right now and the kind of joyful that makes you want to cry. But anyway it doesn't get old. I'll say that," she said, her voice cracking with emotion.

Johnson, who has been writing and performing off and on since the '90s, said it's hard to describe how she got to this point in her career.

"I guess you just keep dreaming and you work hard," she said backstage. "When I decided to do this I just went for it and worked my butt off and I still do. There's never a slacker day."

Johnson was presented her award by American country music superstar Taylor Swift, who praised the nominees for female artist of the year as inspirations for young girls.

Swift was at the show to receive the generation award, a new award that celebrates those who have pushed country music forward to new audiences.

"To country radio in Canada and to the music fans in Canada, you guys are the ones who chose to play my songs. You guys are the ones who chose to buy the albums and sell out the concerts," Swift said in her acceptance speech.

Other winners included Jason Blaine, who won single of the year for They Don't Make 'Em Like That Anymore, Kira Isabella for the rising star award, Johnny Reid for the fans' choice award and husband and wife duo The Stellas for video of the year for In This House. THE CANADIAN PRESS

Kira Isabella won the rising star award. LIAM RICHARDS/THE CANADIAN PRESS

SCENE

On the web

Scan this code or visit metronews.ca/scene to get more of the details from Sunday night's Canadian Country Music Association awards.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Brad Pitt. ALL PHOTOS GETTY IMAGES

Brad Pitt playing coy on upcoming wedding

The only update Brad Pitt can offer on his and Angelina Jolie's wedding is that it is indeed happening — though he's not saying when.

"No plans yet, other than we are going to do it," Pitt says, according to E! News. "I plan very little as I get older."

So will best buddy George Clooney be serving as best man for the big day? Pitt jokes that his pal would probably be demoted to usher.

"Well, you know, he doesn't believe in institutions," Pitt says. "So he can get people to their seats or something."

Quote

"No plans yet, other than we are going to do it."

Brad Pitt
On getting married to Angelina Jolie.

Jonah Hill.

Jonah Hill splits from Ali Hoffman

Jonah Hill and girlfriend Ali Hoffman have reportedly split up after nine months of dating, according to Us Weekly.

The Oscar-nominated actor had been close to Hoffman and her family — including her dad, Dustin Hoffman — for years before becoming romantically involved.

Hill was attending high school with Ali's older siblings when her dad helped him get a role in I Heart Huckabees, his film debut and big break.

The Word

Poehler and Arnett: 2012's bummer breakup

THE WORD
Monica Weymouth
scene@metronews.ca

When we found out Amy Poehler and Will Arnett were divorcing last week, we assumed there must be the scandal of all scandals hiding behind their split. Nevermind that their rep insisted it was "very amicable" — why would two people as funny, successful and charming as them breakup? As it turns out, they're not that much different than those of us who fall asleep watching reruns of their shows, snuggling piles of almost-warm takeout.

"Will and Amy started to feel more like best friends than a married couple — and sadly they lost their spark," a source tells RadarOnline. "The two still love each other very dearly, but the romance died and neither one of them was happy, so something had to be done."

Talk about shot through the heart. Go ahead, Source, finish us off: "Everyone used to think that because Amy and Will are both comedians their relationship was all fun. However, the laughter stopped a long time ago and now they just want to move on with their lives."

Now, we're not necessarily saying that love is dead. Just that he's emptied the mini bar, went on a Facebook bender, and things aren't looking good.

Robert Pattinson.

Pattinson getting back with Stewart?

While the future of Robert Pattinson and Kristen Stewart's relationship is still uncertain after her affair with director Rupert Sanders came to light, at least one friend of the pair says not to worry.

"They are totally going to get back together," the source tells Hollyscoop. "It is just a matter of time. Kristen has this effect on Rob. Robert is not a player. It is really a mess of a relationship. They are both in love with each other still."

That might be a problem, though, for friends of Pattinson, another source reveals.

"They tell him, 'If she cheated once she will cheat again,'" the source says.

Katy Perry.

Katy Perry spotted with John Mayer

It appears reports of the demise of Katy Perry and John Mayer's relationship were premature, as the pair were spotted at the MTV Video Music Awards after-party looking much still together, according to Hollyscoop.

"(John and Katy) were holding hands walking around the VIP area looking like a legit couple. They weren't even hiding it," the source says.

They soon left the party, though, in favour of a more intimate dinner at a restaurant in West Hollywood.

Twitter

@joelmchale
Sad news: the phrase "hot mess" is six months past it's expiration date. Also "I just threw up in my mouth a little" is over(2 years).

@lindsaylohan
just sending love, prayers and strength to #PrinceHarry

@katyperry
Today I am promised happiness. Let's do this!

@AlbertBrooks
"Shocking. Nude. Sex. Devastating" Four words you must use to have a successful website.

Hot thermos

Keep food warm until lunchtime

Putting hot food into a cold right-from-the-cupboard thermos just uses the heat from the food to heat the thermos and usually means a lukewarm lunch.

To keep your thermos warm and your hot lunch hot, fill your thermos with boiling water, attach the lid and let sit for five to seven minutes. Drain the water, wipe and immediately place hot food into the thermos.

Bonus: To test how hot your thermos stays during the day, fill it with boiling water and leave for a few hours. When you come home, gauge how hot your water is. If it's cold it may be time for a new thermos! **MAIJA MOMENTS OF YUMMYMUMMYCLUB.CA**

New study

Is being shy a disadvantage?

A new study from the University of Miami (UM) confirms shy preschoolers are "at greater academic risk than their chatty and boisterous peers."

Boisterous and loud children benefit from the teacher's attention, while introverted children "tend to disappear within the classroom," according to Elizabeth R. Bell, doctoral candidate in developmental psychology at UM and co-author of the study. While not necessarily disruptive, the shy child risks getting overlooked and dismissed by teachers.

Researchers hope their findings spark further training for teachers. **JULIE M. GREEN OF YUMMYMUMMYCLUB.CA**

Exclusively online

metronews.ca

- **Hotel woes.** Can mommy and her club-sized pack of anti-bacterial wipes beat you to the hotel remote control? Follow along with the comedic (mis) adventures of Reasons Mommy Drinks online at metronews.ca/voices

Myth busters

Inside lunch boxes

Myth: You are a bad mom if your kids eat the same thing every day.

Reality: When my son was four, he ate grilled cheese sandwiches for lunch every single day for about two months. Was it worth a fight to make him eat something else? Not really. He grew out of it and moved on to something else. Don't make food a fight.

Myth: You're a better mom if the lunch is cute.

Reality: In 20 years, I've never seen a cutesy lunch. Parents are stressed and throw together what they can, without the time to make it photo worthy. To me, it's way too much pressure to try to make it adorable. The emphasis should be on the fact that it's good, wholesome food.

Myth: Kids should never have treats in their lunches.

Reality: We all love them, and I often have a cookie with my coffee at work. I have no issue packing my child a homemade brownie or cookies as long as he eats the rest of his lunch. When you send treats, though, they should be a small add-on, not the focus. Little people need to focus and learn, which is hard if they are buzzed up on sugar. **KAREN HUMPHREY OF YUMMYMUMMYCLUB.CA**

Get them to love reading with 8 unique strategies

Books. Kids go through phases in which they refuse to read, so it may help to try these approaches

RUTH SPIVAK
yummymummyclub.ca

Reading with kids, even the ones who graduated to chapter books, can help. ISTOCK

1. Leave a mess of books and magazines around the house. If you can stomach a bit of mess, a disordered pile of books entices kids to browse sooner than a neat bookcase.

2. Direct kids toward non-fiction. Does your child like cars or maybe cooking? Pick up some car magazines and cookbooks. We seldom think that materials with instructions and facts count as reading, but kids are often interested in books that fuel their hobbies. For kids who enjoy facts, The Guinness Book of World Records seems to be a hit. Non-fiction is ultimately a great avenue from which to explore a variety of topics.

3. Watch book trailers for inspiration. Tantalizing plot teasers reveal just enough information to rouse interest in a book.

4. Take kids on a library shopping-spree. Give each child a huge book bag to fill, and plenty of time to browse the aisles. Don't limit the amount of books, and try not to intervene with recommendations. Older kids could be dropped off to shop on their own, just like at the mall. Kids can "charge" everything to their own library cards. Giving kids independence around book selection works like a charm, and they can't wait to sample their "new" books at home.

5. Borrow audio books. Listening to a professional narrator bring a story to life can be the push kids need to pick up a book on their own.

6. Grab some joke books, comic books, and graphic novels. They all count as reading and kids love them.

7. Read to older kids. Even graduates to chapter books enjoy being read to, and it could be the needed nudge to read independently.

8. Share a book and a movie. You could read the same book as your child, and then together watch a movie based on that book. Comparing the book to the movie develops critical thinking skills.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

Special apps for children with special needs

Special needs kids face many challenges in their daily lives. The world can be a harsh place for these kids, and therapists and caregivers can only do so much to protect and educate them.

But technology can be a powerful tool in helping these children learn, communicate and succeed in this difficult world. Here are some of the best apps for children with special needs.

iEarnedThat
This app is a brilliant reward system that was designed by a pediatrician who is also a parent. This app works by taking a picture of your choosing and dividing it into puzzle pieces. You can then reward the child for their accomplishments during the day, by giving them a piece of the puzzle. Once they have earned all the pieces, they are able to solve the puzzle.

iCommunicate
This app allows the user to communicate through pictures and by playing back recorded messages. The app allows you to use included pictures and/or your own pictures to form sentences, sequences, and schedules. These can be helpful for communicating ideas to others, instructions on how to perform a task, or reminders of daily events. This creates a powerful tool for those who have trouble communicating verbally.

In My Dreams
This particular app teaches children how to read by presenting them with simple sentences and parts of speech accompanied by animations. There are matching games included, as well. It includes sign language instruction.

ArtikPix
This one is a speech-training program. It uses games to help the child practice individual sounds by themselves or with a parent or therapist. This offers a fun and engaging way for the child to practice learning proper speech.

TapToTalk
This is a free app that allows children with autism to communicate through pictures. It has a simple touch interface with words and pictures to go with them, making it easy to use.

See.Touch.Learn
This is a free flashcard app for the iPad. The flashcards can be used to give instructions, teach words and objects to kids, and much more. The app also has spoken instructions and feedback to aid in learning, as well. This is a highly flexible learning tool for children with special needs.

If you are a parent of a child with special needs, give one or a few of these helpful apps a try — you might be surprised at the result. **MARIA HUGHES OF YUMMYMUMMY.CA**

On the Web

Reasons Mommy Drinks: Hotels. Scan this code or visit metronews.ca/voices to find out why next time mommy's opting for the staycation.

Get Lost in nursery design

Fans. Would you decorate your baby's room with TV memorabilia?

MICHELLE CASTILLO
Metro World News

When Juan and Monica Joao found out they were expecting their first baby, they couldn't wait to decorate the nursery. Instead of the traditional baby blue or pink, these two TV and movie fanatics decided they wanted to pay homage to one of their favorite pastimes of collecting memorabilia.

After debating between a Lord of the Rings, Star Wars or Star Trek theme, the couple stumbled upon a polar bear at a local store.

"We said, 'This is the polar bear from LOST!'" Monica tells Metro World News.

But it wasn't until they found jungle style-trees that they decide to dedicate their son's room to the JJ Abrams-helmed show. Juan admitted the couple didn't start watching Lost until it had been on air for a few years, but they breezed through the first four seasons' mysteries in just one week.

The couple purchased items for the nursery from local stores, including using stickers of numbers to recreate the famous 4, 8, 15, 16, 23 and 42 "lucky" numbers on one of the shelves. They even created a separate jungle area with hanging plastic vines and fake grass, which Monica admitted is her favourite part. Besides the giant stuffed polar bear that rests under one of the trees, a fake crate adorned with the Dharma Initiative logo lies in the grass, waiting to be opened. A video of the room has gone viral.

Though die-hard fans of the show, Monica and Juan still debate whether or not they enjoyed the finale. Monica admitted she didn't like it so much, while Juan was pleased with the conclusion. But baby Paris — who is named after Paris in Troy not Paris Hilton, Monica is quick to emphasize — doesn't have an opinion yet.

"He must wait a few years," Monica said. "We think maybe 12. It's too soon. He's not going to understand it."

Is this the hatch? CONTRIBUTED BY THE JOAOS

Quote

"This is the polar bear from 'LOST!'"

See the room: m-and-j-collection.blogspot.pt/

Get your kid hooked on good TV early

1 Breaking Bad

Pick up some artwork, like these Breaking Bad illustrations by Mike Mitchell that display the characters of the drug drama in cute cartoon form. The artwork was part of The Breaking Bad Art Project, a show that took place in Gallery1988 in Los Angeles.

2 Game of Thrones

Start by pasting a giant map of Westeros on your child's bedroom wall (at HBO.com). And make sure your child sleeps like a king or queen by purchasing some Game of Thrones-themed pillow cases that displays your house sigil. They're at cafepress.com.

3 Glee

They'll be in high school soon enough, but you can initiate your child's musical future by playing a Glee-themed boombox/CD player. It's perfect for those Baby Einstein tapes or those covers of Don't Stop Believing.

Weirdest baby births

MICHELLE CASTILLO
Metro World News

Welcome baby EK to the world! The name might seem strange, but the circumstances of his birth are weirder.

According to Persian Gulf newspaper XPRESS, the baby was named after the flight code for Emirates airline after he was born en route on one of the company's flights from Dubai to Manila. His mother, was only 27 weeks pregnant. She reportedly felt some extreme pain and headed to the airplane bathroom. The next thing she knew, her baby boy was inside the toilet.

Thanks to four flight attendants and two nurses, the baby survived. The plane diverted to Vietnam, and the two were rushed to a local Ho Chi Minh hospital.

That's not the most surprising birth on record. Check out these other babies who couldn't wait to be born.

• Sonia Marina Nascimento may have entered the post office in Cambridgeshire, England looking to buy some minutes for her cell phone, but left with a package that weighed 5 lbs. 15 oz., according to the BBC. Nascimento went into labour at the post office and delivered before paramedics could arrive. The clerk on duty made sure to give baby girl Dulce an official weigh in on the scales.

Hello cruel world. THINKSTOCK

• In order to avoid floods that were destroying her town in Mozambique, full term Carolina Chirindza climbed up a tree. The Irish Independent reported that for four days, she survived without food and water. When the helicopter finally rescued Chirindza, it also brought up baby Rosita. Her mother not only delivered her in the treetops but also held onto her so she wouldn't fall in the crocodile-infested waters.

• A couple that was part of the Occupy Wall Street protests had an unexpected member join its cause. When mother Mila Amie Economopoulos Jones went into labour, her husband and an organizer cut their Occupy meeting short and rushed her to the hospital in a cab, according to NBC New York. It was too late though: Jones gave birth in the backseat of the vehicle.

• An Indian woman named Bhuri Kalbi also gave birth on a toilet, but this time it was on a moving train. However, unlike airline toilets that store the waste in a tank, this train's toilet emptied out right onto the tracks, Reuters reported. The mother admitted she was so surprised by the birth that she didn't even notice her child had slipped. The train was stopped immediately, and luckily, the child was found on the pebbles next to the track uninjured.

• This last one isn't weird because of where the baby was born but how. In 2009, Mia Washington, of Texas, had twin boys, but each, a DNA test proved later, had a different father. Known as heteropaternal superfecundation, it happens rarely, and usually then when in vitro is involved. But Washington's pregnancy was natural, so to speak. We'll let you imagine how it happened.

Chicken-and-cheese tortellini is as easy as 1, 2, 3 — literally

ROSE REISMAN
for more, visit
rosereisman.com

Tortellini is a favourite for even the pickiest of children. The chicken gives them the protein they need, and most kids like pesto, especially if you add extra Parmesan cheese. Pack this for their lunches.

1. In a small, nonstick skillet lightly coated with cooking spray, add the chicken and sauté for 4 minutes per side or just until no longer pink. Let cool, then dice.

2. Meanwhile, boil tortellini for 8 minutes or until tender. Drain and place in a serving bowl.

3. Add the chicken, pesto and Parmesan cheese and toss well. **ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN**

This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Ingredients

Total time: 20 minutes

- 4 oz boneless chicken breast (about 1 breast)
- 12 oz tortellini
- 1/3 cup pesto
- 2 tbsp grated Parmesan cheese

Nutritional analysis

Per serving

- **354 calories; 20 g protein; 41g carbohydrates; 1.8 fibre; 12 g fat; 4.9 g saturated fat; 56 mg cholesterol; 548 mg sodium**

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit
rosereisman.com

Before fall makes its debut this month, enjoy the coolest treat around. But be careful because it will cost you in calories and fat if you grab the wrong container and topping.

Haagen-Dazs Cookie Dough Dynamo (1 cup) with chocolate shell syrup (2 tbsp)

880 calories/ 58 g fat
This indulgence will clog arteries.

Equivalent

Aside from the more than half your daily calories and close to a day's worth of fat in the Haagen-Dazs ice cream, it is also equal in fat to 10 tablespoons of Nutella.

Breyers Reese's Peanut Butter Cup Chocolate frozen dessert (1 cup) with Smucker's syrup (2 tbsp)

440 calories/ 12 g fat

Zucchini Strip Salad. Pasta-like veggie makes this meal look, taste good

1. Using a vegetable peeler, peel zucchini into long strips and place in a large bowl. Add tomatoes and chicken.

2. In a small bowl, whisk together oil, vinegar, garlic, salt and pepper; add to salad and toss. Sprinkle goat cheese and basil over top and gently toss. Do not over mix or goat cheese may clump together. **THE CANADIAN PRESS/ SOBEYS, SOBEYS.COM**

Ingredients

- 2 medium zucchini
- 250 ml (1 cup) large tomatoes, cut in half or quarters
- 750 ml (3 cups) shredded ready-cooked barbecue chicken, skin removed
- 45 ml (3 tbsp) olive oil
- 30 ml (2 tbsp) balsamic vinegar
- 1 garlic clove, minced
- 1 ml (1/4 tsp) each salt and pepper
- 60 g (2 oz) goat cheese, crumbled
- 10 fresh basil leaves, roughly chopped

Spinach Gnocchi: An Italian take on eating your greens

1. Bring a large pot of salted water to a boil. Set a bowl of ice water nearby.

2. When the water boils, add the spinach and cook until it wilts and the stems become tender, 30 seconds to 2 minutes. Use a slotted spoon or strainer to transfer the spinach to the bowl of ice water (leave the pan of water at a boil). Once the spinach has cooled, lift it from the water, squeeze out any excess moisture, then chop very finely.

3. Wash the potatoes. Using the same water the spinach was cooked in, cook the potatoes until tender but not mushy, 30 to 40 minutes. Transfer the potatoes to a large bowl (leave the pan of water at a boil, adding more water if needed).

4. Mash the potatoes or put them through a food mill, then combine them with the spinach, salt, pepper and nutmeg. Add the flour a bit at a time, kneading with your hands, until the mixture is no longer extremely sticky (the amount of flour you add will depend on the potatoes). Not enough flour will make gnocchi that fall apart; too much will rob them of flavour. Once they stop sticking, add a little more flour and do a test run, then add more flour if necessary. Form the gnocchi, by hand, into inch-long oval shapes.

5. Cook the gnocchi about 6 at a time, lowering them into the water and removing them with a slotted spoon when they rise to the top, 2 to 3 minutes. Place the cooked gnocchi in a warm, shallow bowl and keep warm. When all the gnocchi are cooked, top them with tomato sauce and cheese, then serve.

THE ASSOCIATED PRESS/ MARK BITTMAN'S LEAFY GREENS, WILEY, 2012

Ingredients

- 10 oz fresh spinach, tough stems removed
- 3 or 4 medium potatoes
- Salt and ground black pepper, to taste
- Dash or tiny grating of nutmeg, about 1/16 tsp
- 1 cup all-purpose flour, approximately
- About 1 cup any light tomato sauce
- Freshly grated Parmesan cheese

This recipes serves four for lunch. MATTHEW MEAD/ THE ASSOCIATED PRESS

The In-Credibility Factor

Lauren Friese PROVIDED

Name: Lauren Friese
City: Toronto
Age: 29

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Friese graduated with an economics degree but couldn't find any online resources to help grads find work. Started TalentEgg in 2008 and now works with hundreds of companies and employs over 15 people.

I knew I was on my way when:
"I spent my first dollar on TalentEgg.

"I'm risk adverse so I knew the minute I put money into it I would have to make it back. We've literally helped millions of students and recent grads over the last few years transition from school to work by providing the access to employers and job info they didn't have before.

"We've just launched TalentEgg in the U.S. and one of the traits that defines me as an entrepreneur is to never accept success. We must always strive for more."

Action Plan

• "Seriously consider whether being an entrepreneur is the right path for you. For the right person it's the best job in the world but for the wrong person it could have long term financial consequences."

• "The best time to start a business is when you're young. The risk is lower, your opportunity cost is lower and there's a ton of support out there for young entrepreneurs."

• Ideas are the easy part, execution is everything. I've had countless people say they had the idea and I tell them "It wasn't my idea but it was ME that did it."

Stretch out your studies

Taking the long road. Set a study schedule early on to avoid cramming and procrastination

Sarah Gaikwad is a peer development facilitator at Ryerson, and oversees a program called FA-ST, which sees students helping fellow students succeed. CHRIS YOUNG/THE CANADIAN PRESS

Test-taking likely isn't front of mind for students just getting settled back into school routines following the summer vacation. But it's not too soon to start plotting plans to hit the books well before the first quiz or midterm pops up on the calendar.

Krista Bianco, manager of the Supported Learning Groups Program at the University of Guelph, says some students likely grew accustomed in high school to studying the night before a test and performing OK. They may be applying the same approach now that they've reached the post-secondary level, not yet aware they'll need to change.

FA-ST track to success

Sarah Gaikwad enrolled in the Facilitation Study Sessions (FA-ST) program, which targets courses that have low retention rates or in which a high portion of students perform poorly.

- Students who have successfully completed those same courses are trained as facilitators and lead sessions that take a collaborative approach to helping students review and understand the material.
- Since Supplemental Instruction originated in the U.S. in the 1970s, the academic support model has been steadily establishing a presence in Canada, with comparable programs in place at schools across the country.

For many students heading to college or university straight from high school, they'll likely be balancing a heavier workload in a compressed semester. It will be the first time away from home for many, and with that, their first test at managing their own time without having teachers checking up on them to ensure they've attended classes or submitted homework, she notes.

"I think for a lot of reasons that overwhelmed feeling comes along and they just don't yet have an understanding of what it is they need to do and how they need to change to meet the demands of university or college-level learning."

University of British Columbia psychology instructor Catherine Rawn leads a course featuring topics she's handpicked in the hope of helping students become improved and lifelong learners. Goal-setting, motivation and self-control are among the subjects the class covers.

Students have also teamed up on assignments that explore learning challenges, like testing anxiety. Procrastination is a topic that has arisen in discussions, she says.

In a cram jam?

You get worse at deep thinking in any one sitting, so trying to study for six or eight or 12 hours at a time isn't going to work.
Catherine Rawn
Psychology instructor

"This conversation comes up when we look at self-control and the fact that we have a limited supply of it. As you use more effort, and try to get yourself to do things like sit and study and focus, you have a diminishing supply," says Rawn.

"You get worse at deep thinking in any one sitting, so trying to study for six, eight or 12 hours at a time isn't going to work. We just don't have the ability as humans to be able to do that. So if that's their study strategy — to rely on their bodies and minds to be alert for 12 hours — that's not going to work."

Rawn suggests students create schedules which allow them to space out their studies and review course material during designated times. They should also be building their study notes as they go through their courses and making sure they're doing the readings well in advance of exams, she notes.

As if coping with the rigours of readings, tests and essays weren't tough enough, students are likely also juggling a host of other demands on their time, such as part-time jobs or extracurricular activities.

It may be challenging for some to see how to squeeze more study time into an already stacked day, but Rawn says this is the precise reason a schedule is so crucial.

"When three o'clock comes around it's not, 'Hmm, what do I do now? I really want to take a nap,' or 'I really want to check my email.' Nope, it's already decided this is what I'm doing. 'I'm going to read this chapter.' And then it gets done."

THE CANADIAN PRESS

Career Bear

I've got details on flexible careers, jobs with the fastest salary growth, keys to loving your job and the schools and tools in your area to help you become what YOU want to be.

Don't just dream about your new career. . .
Get there with CareerBear.com

Go to CareerBear.com for your chance to
WIN
1 of 4 weekly prizes of an Apple Macbook Pro with Retina display!

"Apple" and "MacBook Pro" are trademarks of Apple Inc.
Apple Inc. is not a sponsor of, nor a participant in this promotion.
To register and for full contest details, visit clubmetro.com

Canada's king of 'za offers a slice of advice

Success in writing. Award-winning businessman Jim Treliving dishes to Metro about Decisions, delivering at work and not over-doughing it

ELIZABETH BEDDALL
life@metronews.ca

Jim Treliving calls a simple visit to a Boston Pizza as a young RCMP officer the "smallest big decision" of his life.

The visit inspired Treliving to open his own Boston Pizza franchise in Penticton, B.C., and to eventually become co-owner of the award-winning business, which boasts more than $1 billion in annual sales.

In his new book Decisions, the Dragon's Den star lets a few of his secrets slip to up-and-coming business folk.

If you could offer one piece of advice to an aspiring entrepreneur, what would it be?

If I can offer just one suggestion to aspiring entrepreneurs it would be: understand the critical financial numbers of your business or find someone you trust who can help to you do that. Too many small entrepreneurs that I meet these days are focused on products, sales and operations without putting the time in to analyze and manage the key financial figures. I was certainly like that when I started the first Boston Pizza franchise many years ago, but luckily for me I quickly found a partner who is an accountant and can understand and manage the financial side of our businesses. Without that key component, even great business ideas will not get off the ground.

Wrong decisions are inevitable in any power position — so what is the best way to bounce back?

You are absolutely right. Wrong decisions do happen and it is important to recognize when they happen and to be prepared to admit when you have made a mistake and make things right. Nobody bats 1,000 on making decisions, so there is no shame is saying "That was a mistake, let's find a way to fix this now". The key is to recognize the problem early and have a plan to address it.

What are, in your opinion, the key reasons Boston Pizza has been recognized as one of Canada's top best-managed companies for over 18 years?

We are very proud that Boston Pizza has been selected to the Platinum Club of Canada's 50 best-managed companies and also recognized as one of Canada's top 10 most admired corporate cultures. These awards come first and foremost because of our financial success. Let's face it, if we did not have a track record of excellent sales growth and successful new restaurant openings, then we would not be considered for any awards, and rightly so. The second reason for me is simple – our people. We have a great management team, an amazing franchise community and almost 20,000 restaurant staff coast-to-coast who represent our brand incredibly well every day.

What is a right decision, and a wrong decision, that one can make when ordering a pizza pie?

Wow, that's a good one! It is hard to go wrong with pizza I guess.

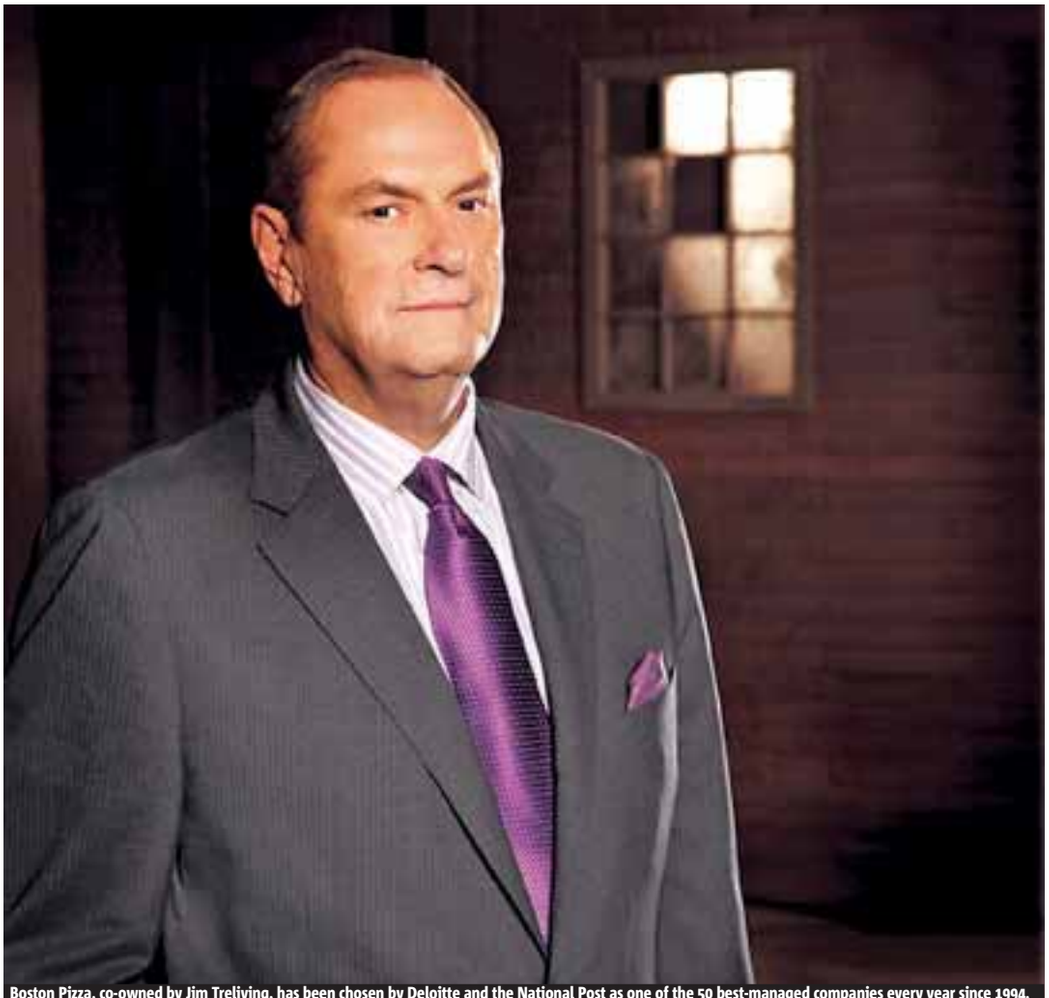
I have a favourite at Boston Pizza called The Great White North with mozzarella, cheddar and smoked ham. I like to order it with fresh sliced tomatoes on top. Yum! I am usually pretty traditional with my pizza toppings but I also like to mix it up occasionally with the new ingredients that we have these days like hot peppers, BBQ chicken and pomodoro sauce. We even have a Szechuan pizza on the menu now! I guess that the only wrong decision that you can make when ordering a pizza is to not order enough. No one wants to see a big fight for that last slice!

Paying it forward

Jim Treliving is donating royalties from his book Decisions to two Canadian charities he says are very important to him.

"The first one is the Centre for Addiction and Mental Health in Toronto. This is an organization that my wife Sandi and I have been personally involved with for some time and we strongly support the important work that they do and we want to help out in any way we can."

"The second charity that will be receiving royalties from the book is the Trans Canada Trail initiative that aims to complete the longest connected recreational infrastructure in the world, linking 34 million Canadians, 1,000 communities and over 23,000 kilometres of urban, rural and wilderness trail."



Boston Pizza, co-owned by Jim Treliving, has been chosen by Deloitte and the National Post as one of the 50 best-managed companies every year since 1994.
GREG PAUPST/CBC

Mark Your Calendar!
Canada-Wide National Open House
Thursday, September 13 from 10am to 6pm

Adecco is filling hundreds of exciting permanent, temporary and contract jobs:
- Professional
- Sales & Customer Service
- Light Industrial & Manufacturing
- IT
- Bilingual
- And Many Others!

Visit adecco.ca to learn more and RSVP today!

Adecco
better work, better life

Connect with us

Adecco Regina
1844 Scarth St
306-359-9720
adecco.ca

First Canada, First Student Canada, First Transit & Gref's are all part of the largest bus company in the world. And right here in Regina, locally owned, we are growing in leaps and bounds and have

VARIOUS OPENINGS for DRIVERS

to do charter, shuttle, industrial, para transit and of course steady part-time school bus driving.

Professional driving experience is welcome but not necessary, as we offer industry- leading free training to the right applicants. Medical, background and drug testing will be required. If you have a good driving record and an appreciation for the importance of customer service, we'd like to meet you.

Call today! 306-721-4499.
www.firststudentcanada.com

We are an equal opportunity employer.

First Student Canada

SPORTS 4

Mobile sports

Alex Zanardi has had plenty to celebrate at the Paralympics after winning two gold medals in paracycling. And as the Paralympics came to a close on Sunday night, the former Formula One driver who lost his legs in a horrific 2001 crash had a chance to reflect on 'the process' of becoming a champion again. Scan the code for the story.

The Jets' Tim Tebow scrambles during the season opener against the Buffalo Bills on Sunday in East Rutherford, N.J. JEFF ZELEVANSKY/GETTY IMAGES

Bills stunned by Jets' tightrope act

NFL. Lots of Sanchez, a little Tebow help New York to rout of Buffalo

One touchdown after another, the New York Jets eased all those pre-season concerns about their low-scoring offence.

With a whole lot of Mark Sanchez, a sprinkling of Tim Tebow and a dominant first-half effort by the defence, New York manhandled the Buffalo Bills, routing their AFC East rivals 48-28 in the season opener Sunday.

Rex Ryan passed on a chance to say, "We told you so" to his team's critics and doubters. So did Sanchez, and Tebow, too.

"Vindication, chip on our shoulder, maybe that's not the right things," Ryan said. "We were just excited to play."

And, they looked it.

Sanchez threw three touchdown passes, including two to rookie Stephen Hill, Jeremy Kerley had a touchdown catch and a punt return for a score, and Antonio Cromartie took one of New York's three interceptions of Ryan Fitzpatrick to the end zone.

"It's a great win, there's no doubt about it," Sanchez said. "But, we've got lots of work to do."

That's from a team — labelled by some a "circus" for its penchant for making off-season headlines, namely acquiring Tebow — that had many wondering what to expect after the first-team offence failed to score a touchdown in the first three games of the pre-season.

"It looked like we were making up for lost time there," Sanchez said.

Added Kerley: "We knew what we could do. We just showed the world today."

The Jets set the franchise mark for most points in a season opener on Shonn Greene's late one-yard scoring run.

"He definitely turned it on today," Kerley said of Sanchez. "I think there's always a big target on Mark's back and I think he likes it. He's a guy we trust and know what he's capable of each week, and he showed it today."

Sanchez had the offence humming along so well, the fans at MetLife Stadium actually booed Tebow when he failed to gain a yard when he took a direct snap in the second quarter. THE ASSOCIATED PRESS

Sunday's game

Jets	Bills
48	28

Quoted

"We're not running around like the sky is falling."

Bills head coach Chan Gaily

Top rookie debut

Washington stuns New Orleans on back of RG3's 2 TDs

Robert Griffin III began his NFL career by connecting on 19 of 26 passes for 320 yards and two touchdowns, and the Washington Redskins handed the Saints a 40-32 loss in their first game since the bounty scandal that overshadowed New Orleans' off-season.

Griffin completed his first eight passes, including an 88-yard touchdown pass to Pierre Garcon, tying for the second-longest scoring pass by a QB making his NFL debut.

Rookie running back Alfred Morris rushed for 96 yards and two TDs.

Aldrick Robinson, making his debut, had a TD among four receptions for 52 yards. THE ASSOCIATED PRESS

Top rookie debut

Bears hold Colts' Luck in check in first taste of regular season action

The Chicago Bears spoiled Andrew Luck's debut, beating the Indianapolis Colts 41-21 Sunday in the season opener.

The Colts' No.1 pick was 23 of 45 for 309 yards with a four-yard touchdown pass to Donnie Avery early in the fourth in a 41-21 loss to the Chicago Bears on Sunday.

But Luck also got picked off three times — twice by former Colt Tim Jennings — in an up-and-down start for a rookie with huge shoes to fill.

All he has to do is prove the Colts were right to take him with the No. 1 pick in the draft and part with Peyton Manning after he missed last season with a neck injury. THE ASSOCIATED PRESS

MLB

Jays' sweep in Boston puts Sox in AL East cellar

Omar Vizquel hit a pair of sacrifice flies, including one in the ninth inning that lifted the Toronto Blue Jays over the free-falling Boston Red Sox 4-3 on Sunday.

Toronto entered the series in last place in the American League East, but left Fenway Park two games ahead of the Red Sox. The Blue Jays have won four straight overall and six in a row against Boston.

Jacoby Ellsbury and Dustin Pedroia homered for the Red Sox, who have lost four in a row and 10 of 11. THE ASSOCIATED PRESS

Omar Vizquel celebrates with his Jays teammates on Sunday in Boston. GETTY IMAGES

Golf

McIlroy continues to dominate field

Rory McIlroy beat the strongest leaderboard in golf this year Sunday in the BMW Championship and joined some elite company.

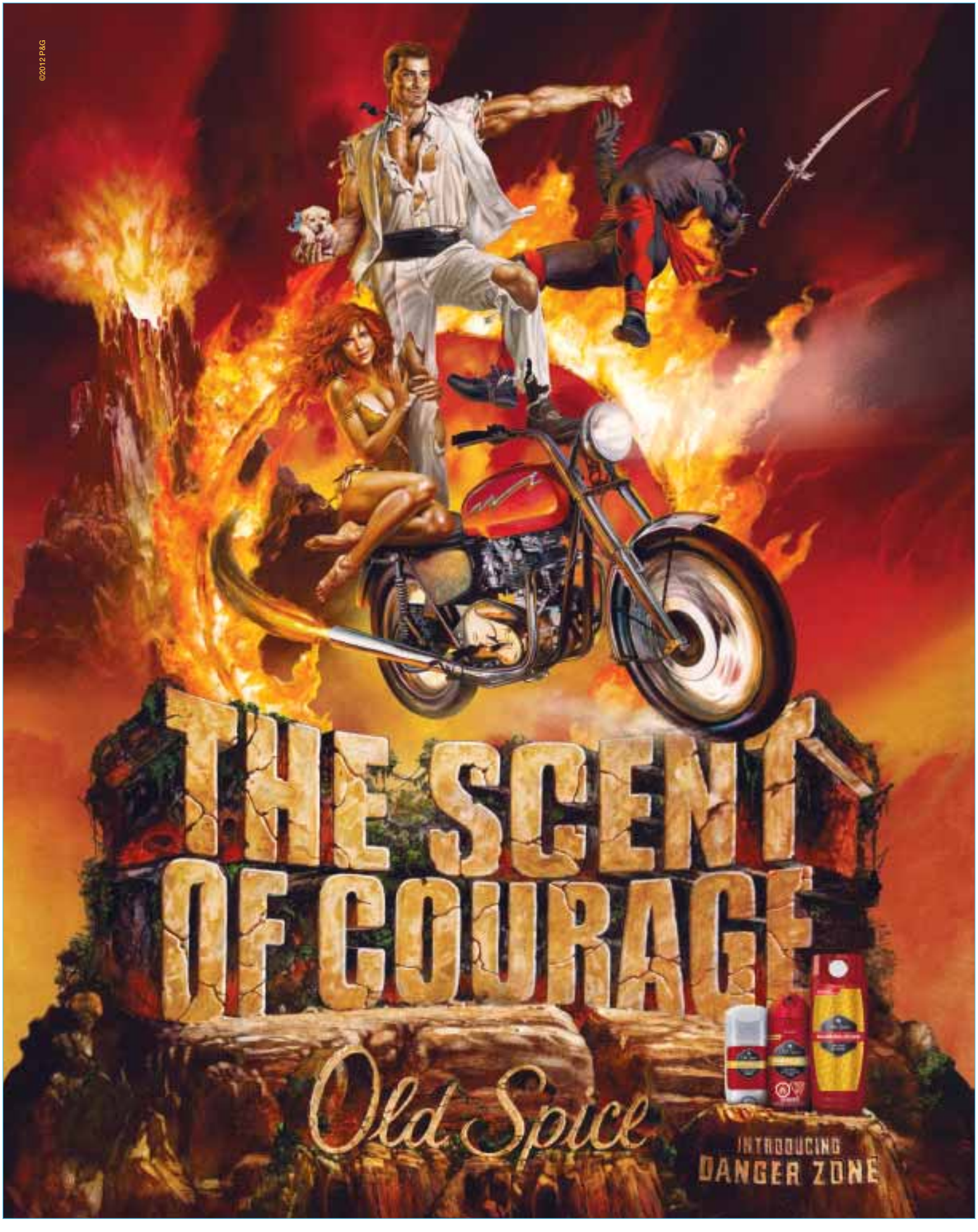
McIlroy made back-to-back birdies around the turn to seize control at Crooked Stick in Carmel, Ind. He closed with a 5-under 67 for a two-shot win over Phil Mickelson and Lee Westwood.

McIlroy became the first player since Tiger Woods in 2009 to win in consecutive weeks on the PGA Tour, and with his sixth career win joined Woods and Jack Nicklaus as the only players to win at least six times at age 23. THE ASSOCIATED PRESS

Tennis

"Won the US Open Jr title today! 6-2 2-6 7-5. So happy to finish my junior career this way. This week has definitely been #beastmode."

Vancouver's Filip Peliwo, who took to Twitter after beating Britain's Liam Broady 6-2, 2-6, 7-5 in the boys' final at the U.S. Open on Sunday. Peliwo ended his junior career at Flushing Meadows by winning his second junior Grand Slam title of 2012.


©2012 P&G
THE SCENT OF COURAGE
Old Spice
INTRODUCING
DANGER ZONE

Serena comes through in clutch in U.S. Open final

Tennis. Williams rallies to beat Azarenka for fourth title at Flushing Meadows and 15th Grand Slam crown

Serena Williams poses with the U.S. Open championship trophy on Sunday in New York. AL BELLO/GETTY IMAGES

Finally tested, even trailing, at the U.S. Open, Serena Williams turned things around just in time.

Two points from defeat, Williams suddenly regained her composure and her strokes, coming back to win the last four games and beat top-ranked Victoria Azarenka 6-2, 2-6, 7-5 on Sunday night for her fourth championship at Flushing Meadows and 15th Grand Slam title overall.

"I honestly can't believe I won. I really was preparing my runner-up speech, because I thought, 'Man, she's playing so great," Williams said during the trophy presentation after the two-hour, 18-minute match, adding: "I'm really shocked."

Might be the only one.

After all, what really was stunning was that Azarenka made things as interesting as they were, given that she came into the day 1-9 against Williams over their careers.

Add in that Williams hadn't dropped a set in the tournament, losing only 19 games through six matches before Sunday. All part of a tremendous run she is putting together in reaction to her loss at the French Open in late May, the American's only first-round exit in 49 career major tournaments. Since then, she is 26-1, winning Wimbledon and the London Olympics.

By the numbers

2002

Serena Williams became the first woman to win Wimbledon and the U.S. Open in the same season since a decade ago when — yes, that's right — she did it.

There hadn't been a three-set women's final in New York since 1995, and Williams came through with a late charge.

"Serena deserves the win. She showed how true of a champion she is," said Azarenka, who managed only 13 winners, 31 fewer than Williams. "I definitely gave it all today. Stepping out of this court today, I will have no regrets."

Azarenka hadn't dropped a three-set match all season until Sunday, going 12-0 in matches that went the distance, including victories over defending U.S. Open champion Sam Stosur in the quarter-finals and 2006 champion Maria Sharapova in the semifinals. THE ASSOCIATED PRESS

Tennis

No raining on Djokovic's parade to U.S. Open final

The weather was much better at the U.S. Open on Sunday. So was Novak Djokovic.

Under a cloudless blue sky, in only a hint of wind, defending champion Djokovic got his game into high gear and reached his third consecutive final at Flushing Meadows by beating fourth-seeded David Ferrer of Spain 2-6, 6-1, 6-4, 6-2 in a match suspended a day earlier.

"I was a different player," the second-seeded Djokovic said. "I felt much more comfortable on the court today than I did yesterday, (when) obviously the conditions were more brutal." THE ASSOCIATED PRESS

Novak Djokovic celebrates his U.S. Open semifinal win over David Ferrer on Sunday. THE ASSOCIATED PRESS

Canadian Paralympic archer Lyne Tremblay poses with performers during the closing ceremony on Sunday in London. PETER MACDIARMID/GETTY IMAGES

Canadian athletes soaked up spotlight in London

Canada's athletes feel Paralympic sport hit a new level of recognition and respect in London.

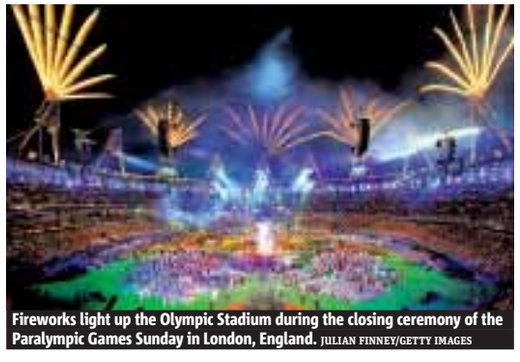
Whether that spotlight extends to Canada when they go home after Sunday's closing ceremonies of the Paralympic Games is debatable.

But the Canadians have enjoyed their status as the top show in London. And that's with the Premier League soccer season opening just prior to the Games.

Ticket sales, television ratings and anecdotal information from the athletes themselves indicate the host city embraced the Paralympic Games like none before it.

The 80,000-seat Olympic Stadium was full for track and field finals. The velodrome was ear-splitting, particularly when a British cyclist was on the track. The swimming pool stands had people in them all the way to the top row.

"What's new about these Games is the popularity of the events," four-time Paralympic swimmer Benoit Huot said. "Sold out for heats, sold out for finals.



Fireworks light up the Olympic Stadium during the closing ceremony of the Paralympic Games Sunday in London, England. JULIAN FINNEY/GETTY IMAGES

Quoted

"It's been a great journey, my fourth Games. I'm really proud of what I've done here in London."

Montreal swimmer Benoit Huot, who carried the Canadian flag as part of the closing ceremony. Huot won three medals in the pool in London: a gold, silver and bronze.

"We've never seen that. In Sydney, Athens and Beijing, in the heats it wasn't sold out. There were people, but it was mostly summer camps or kids from schools. Here, it's public that bought tickets and that's a first."

The Paralympics gave Londoners an opportunity to soak up more high-calibre athletics after the Olympic Games. The Paralympic movement already had traction in Britain because the country is considered the birthplace of the Games. THE CANADIAN PRESS

Medals

- The stated objective of a top-eight finish in gold medals won at the 2012 Paralympic Games proved too ambitious for Canada.
- Seven gold medals was well below the 19 won four years ago in Beijing. Canada ranked 20th among 166 countries with 31 total medals.

Horoscopes

♈ Aries
March 21 - April 20
Go easy on yourself this week, especially on the work front where not only are you being ridiculously ambitious but others are expecting you to work yourself into the ground. Your health must always come first.

♉ Taurus
April 21 - May 21
All types of relationships will go well for you now but affairs of the heart will go best of all, so stop worrying that a certain person does not like you as much as you like them – it isn't true.

♊ Gemini
May 22 - June 21
Family matters of all kinds will go better now with both the Sun and Mercury, your ruler, moving through the domestic area of your chart. They will go better still if you forgive those who have let you down.

♋ Cancer
June 22 - July 23
You will need to make allowances over the next few days for those who cannot think or act as fast as you. Stay calm and don't let little things annoy you. Mental, emotional and physical relaxation is a must.

♌ Leo
July 24 - Aug. 23
Make sure you get what you deserve, both emotionally and financially. Others will happily give you less than they should if they think they can get away with it, so you must stand up for yourself.

♍ Virgo
Aug. 24 - Sept. 23
Your life is about to take a turn for the better. Few things will faze you this week and even fewer will have a negative effect on your affairs. Your luck will improve and your attitude will improve even more.

♎ Libra
Sept. 24 - Oct. 23
The more you put other people first now the more you will gain personally – it's one of those proverbial win-win situations. It's always what you do one-to-one that changes the world for the better.

♏ Scorpio
Oct. 24 - Nov. 22
Get out and about today because the more you mix the more likely it is you will meet someone who changes your life for the better. Group activities of all kinds are well starred over the next few days.

♐ Sagittarius
Nov. 23 - Dec. 21
Before you start something new make sure it is what you really want to be doing. All too often you begin new projects in a burst of enthusiasm only to lose interest later. Only do what you are passionate about.

♑ Capricorn
Dec. 22 - Jan. 20
No matter how challenging events may be you will take it in your stride and your calm behavior will inspire those around you, both at home and at work. If only everyone could be as composed as you.

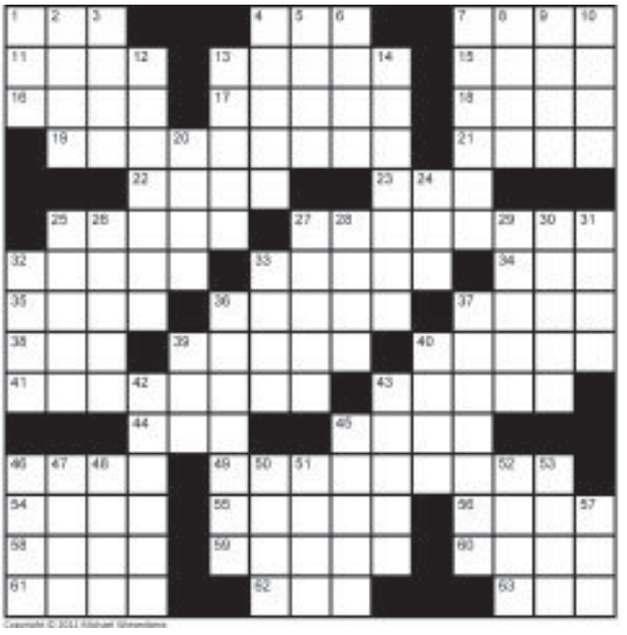
♒ Aquarius
Jan. 21 - Feb. 19
Happiness is a state of mind and at the moment your state of mind is being disrupted by worries about your money situation. The new moon on the 16th will resolve matters in your favor. Until then, relax.

♓ Pisces
Feb. 20 - March 20
Recent suspicions about people you live or work with will be swept away over the next 24 hours and you may be a bit embarrassed by your negative attitude. Never mind – no one got hurt.

SALLY BROMPTON

Crossword: (Mount St. Elias Is the Second-Highest)

BY MICHAEL WIESENBERG



Across

1. "Beg pardon?"
4. Greek X
7. Daily dosages, casually
11. Guitarist Clapton
13. Brag
15. Shrinking inland sea that forms part of the border between Kazakhstan and Uzbekistan
16. Ancient civilization of the Yucatán
17. Unctuous David Copperfield character ___ Heep
18. World's longest river
19. Guy ___: Québec-born Cirque du Soleil founder, billionaire, International Space Station visitor, and high-stakes poker player
21. Accomplishment
22. Top Olympic medal
23. Exist
25. Carpentry smoother
27. Added up
32. Anjou, Bosc, and Bartlett
33. Prince who's third in line for the UK crown
34. Adam's mate
35. "Give it ___!": "Taste this!" (2 wds.)
36. Mountain ___: The Rockies or Cascades
37. Poker player's response to "Do you want a hand?" (2 wds.)
38. Lord of the Rings actress Tyler (Aerosmith's Steven Tyler's daughter)
39. Liberal ___
40. Crouch
41. Annual 12-Down event
43. Absorb facts
44. Approved
45. Apple covering
46. "Mon ___!": French mild oath
49. Toronto CFL team
54. Pastoral poem
55. Mars or Venus
56. Poker player's reply to "How'd you do?" after a successful session (2 wds.)
58. Encounter
59. Christmases
60. Dickens' A ___ of Two Cities
61. Backtalk
62. Classic British sports cars
63. Distribute seeds

Down

1. Bottom seam
2. Russian mountain range or river
3. Breezy greeting
4. Hollowed out, as an apple
5. Ponytail material
6. "The hour ___ hand": (2 wds.)
7. Ontario-born Howie of Deal or No Deal
8. Great Lake
9. Broad lowland
10. Winter conveyance
12. Alberta's largest city
13. BC-born pop singer Michael
14. IMAX ___
20. Accelerator particles
24. Sunbeam
25. Small: Fr.
26. Cocoon spinner
27. Aunt: Fr.
28. Bacchanal
29. Madagascar tree climber
30. Perrier or Aquafina competitor
31. Minor automobile accident result
32. Buddies
33. Difficult
36. Edmonton-born actress ___ Chong (Tommy's daughter) (2 wds.)
37. Nunavut capital
39. Walther ___: Bond's gun
40. "I ___ bad moon rising" (2 wds.)
42. Sheds feathers
43. Gives money (to)
45. Canvasses
46. Darkens
47. Thought
48. "I Only Have ___ for You"
50. Apartment division
51. Allman or Lake of rock
52. "___ the night before Christmas ..."
53. Alone
57. Just put on the market

Friday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	7		1		8		4	
	2	1	3		4	9	5	
7			8		5			4
		6	9		2	5		
4			6		7			2
	8	5	2		6	4	1	
	1		7		3		6	

Friday's Sudoku

Sharability

easy hard

CAPITAL AUTO MALL

SAVE BIG BUCKS ON TRUCKS

NEW 2012 GMC CANYON 4X4

STK#12260
2.8L, 4X4, ONSTAR

NOW ONLY **$19,998** OR **$77/WEEK**

NEW 2012 GMC SIERRA EXT CAB

STK#12264
Heated cloth seat, Chrome pkg, Locking differential, Tow package, Onstar

NOW ONLY **$23,992** OR **$91 /WEEK**

NEW 2012 GMC SIERRA CREW CAB

STK#12212
NEVADA PACKAGE, CHROME APPEARANCE PACKAGE, TOW PACKAGE, ONSTAR

NOW ONLY **$23,998** OR **$91 /WEEK**

NEW 2012 GMC TERRAIN SLE

STK#12193
REAR CAMERA, BLUETOOTH, ONSTAR, XM RADIO, REMOTE START

NOW ONLY **$24,998** OR **$89 /WEEK**

NEW 2012 GMC TERRAIN SLE-2

STK#12257
3.0L V6, 19" WHEELS, HEATED SEATS, REMOTE START

NOW ONLY **$32,816** OR **$105 /WEEK**

NEW 2012 GMC SIERRA CREW CAB 4X4

STK#12183
HEATED LEATHER, CHROME 18" WHEELS, CHROME PKG, XM RADIO, BLUETOOTH, ONSTAR

NOW ONLY **$31,548** OR **$117 /WEEK**

NEW 2012 BUICK ENCLAVE CXL AWD

STK#12157
SUNROOF, REAR CAMERA, BLUETOOTH, POWER LIFT GATE, XM RADIO, SURROUND SUNROOF

MSRP $56,865 0% FINANCING AVAILABLE FOR 60 MONTHS

NOW ONLY **$46,807** OR **$169 /WEEK**

0% Financing for 72 months or 0.99% financing for 84 months available on New Sierra 1500's

0% Financing for 84 months available on New Terrains

$1000 GM LOYALTY AVAILABLE

*ALL NEW VEHICLE PRICES/PAYMENTS INCLUDE ALL GM OF CANADA APPLICABLE PROGRAMS AND ARE PLUS FREIGHT AND TAXES. SEE DEALER FOR DETAILS.

NO CREDIT APPLICATION REFUSED

CALL BRITTANY AT 525-5211 TODAY AND GET APPROVED!

4020 Rochdale Blvd.
www.CapitalGMC.ca

CAPITAL
BUICK • CADILLAC • GMC

PH: 525-5211
1-800-240-5211